**Contact Information for Stirling Support Services:**

**Council support**

* Stirling Council Support Line
  + communitysupport@stirling.gov.uk
  + **01786 404040**
  + Online form available at: [www.stirling.gov.uk/contact-us/general-enquiries](http://www.stirling.gov.uk/contact-us/general-enquiries)

**Citizens Advice Bureau (CAB)**

* For financial advice and support, contact:
  + **01786 470239**
  + [Stirling District Citizens Advice Bureau (stirlingcab.org.uk)](https://www.stirlingcab.org.uk/get-advice)

**Food**

* **Stirling Salvation Army Soup Kitchen** – open Monday to Friday 3–4pm for collection and take away of food (both hot and cold). 19 Drip Road, Stirling **01786 448923**
* **StartUp Stirling Foodbank** 
  + **01786 561027**
  + <https://startupstirling.org.uk/what-we-do>
* **Transition Stirling** 
  + [Stirling Community Food — Transition Stirling](https://www.transitionstirling.org.uk/community-food)
* **The Kitchen at 44 King Street**
* Open 6.30-8.30pm daily and have free provisions provided by local businesses such as Marks & Spencer, Boots and Dobbies.
* See Facebook page for daily updates.
* [www.facebook.com/thekitchenat44kingstreet](http://www.facebook.com/thekitchenat44kingstreet)
* **Ladies of the Rock**
* A local group of volunteers delivering home-made food to those in need, donations of ingredients are also welcome.
* [www.facebook.com/ladiesoftherockstirling/](http://www.facebook.com/ladiesoftherockstirling/)

**Crisis Phone Numbers**

* **Samaritans: 116 123** (24 hrs,365 days) (free to call, doesn’t show on phone bill)
  + email:[jo@samaritans.org](mailto:jo@samaritans.org)
* **Shout:** (text support, free to use)
  + Text: “shout” to **85258**
* **Breathing Space: 0800 83 85 87** (6pm-2am Mon-Thurs & 6pm Fri-6am Mon)
  + [www.breathingspace.scot](http://www.breathingspace.scot)
* **Sane Line: 0845 767 8000** 6pm – 11pm, 7 days per week
* **Women’s Aid** (Domestic Abuse) **0800 027 1234**
  + [www.sdafmh.org.uk](http://www.sdafmh.org.uk)

**Online Self Help**

* **Self Help Guides:** 
  + [www.selfhelpguides.ntw.nhs.uk/forthvalley](http://www.selfhelpguides.ntw.nhs.uk/forthvalley)
* **Living Life** (telephone talking therapy)
  + **0800 328 9655** (Mon-Fri 1pm-9pm)
  + [www.breathingspace.scot/living-life](http://www.breathingspace.scot/living-life)
* **Victim Support Scotland** (Domestic Abuse)
  + **0345 603 9213** – 8am-8pm
  + [www.victimsupport.scot](http://www.victimsupport.scot)
* **Mindfulness:** 
  + [www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/](http://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/)
* **Stress and Breathing Techniques:**
  + [www.nhsinform.scot](http://www.nhsinform.scot) (search “steps for stress”)

**Substance Use**

* **Change, Grow, Live**

Provide entry into substance use support, including partnership with NHS Substance Use Service. Accept self-referrals and referrals from all sources e.g. families, professionals, concerned others

* + freephone **0808 1962188**
  + [**https://www.changegrowlive.org/recovery-service-forth-valley**](https://www.changegrowlive.org/recovery-service-forth-valley)
* **Recovery Scotland**
  + **01324 874969**
* **Transform Forth Valley**
  + **01259 272112**

**Apps (Free)**

* **Calm** - meditate, sleep, relax
* **Headspace** (introduction free)
* **The Mindfulness App**
* **Catch It** - for depression
* **CBTi Coach** for insomnia and poor sleep

**Utility Companies - Assistance Gas & Electricity**

* British Gas – **0333 202 9802**
* EDF – **0333 200 5100**
* EON – **0345 052 000**
* N Power – **0800 073 3000**
* Scottish Power – **0800 027 0072**
* SSE – **0345 025 2658**